Listen and do the tasks followed. Track 03

1. Listen and decide if each statement is True (T) or False (F).

Statements	T/F
1. If you don't get enough rest and relaxation, you may ill.	_____
2. If you are lack of sleep, it's difficult for you to concentrate.	_____
3. When you are a teenager, you should sleep for at least six hours every night.	_____
4. If you have trouble getting to sleep, have some coffee or tea.	_____
5. If you want to relax, let's try a hot milky drink.	_____

Rest and Relaxation

Rest and relaxation are just as important to our body as (1) _____ and healthy eating. If you don't get enough of them, you can make yourself ill. For example, (2) lack of _____ makes difficult for you to concentrate. During your teens, you need at least (3) _____ hours of sleep a night. If you stay out late, try to go to bed early the next night. When you are awake, you make many demands on your mind and body. Your body needs period of (4) _____ to repair itself. If you have troubles getting to sleep, take some (5) _____ milky drink. It may help you relax.

LIVEWORKSHEETS